



# WACH News



The Monthly Newsletter of the Weed Army Community Hospital Family Readiness Group (FRG)

Issue 6

August 1, 2003

## FRG Notes



Anyone associated with the hospital is invited to attend the FRG meetings and/or volunteer at one of our functions. Remember, volunteers make it all happen! Call Anne Ramsey (386-7279).

We currently need **Key Callers** for several departmental groups. For more information, call Elaine Williams (386-0251).



## WACH Soldiers Serve Around the Globe

The WACH FRG is proud of our soldiers currently serving the Army world-wide. We would like to extend our support and well wishes to them and their families during this deployment.

To those who recently returned from deployment, we send a warm "Welcome Home" and a "Job well done!"

## Stress Management Class

August 5, 12 & 19



Soldiers or their family members can learn to handle the stress of Army life by attending the workshops from 10:00-11:30 AM. Call ACS (380-4784).



## Single Soldier Appreciation Day

August 13

Contact BOSS (380-3586) for more information.



## WACH Organization Day

Friday, Aug 15 @  
the Post Four-plex



Plan to attend the biggest and best WACH Organization Day ever! This year we'll have games for kids of all ages, a delicious catered BBQ and a Hail and Farewell. We need volunteers to man certain activities during the day beginning with set-up at 7:30. Call SGT King (380-3388).



## Commissary Closing

August 18 & 19

The Ft. Irwin Commissary will be closed for improvements on these dates.

## CAIR Fair

August 20

2:00 – 7:00 PM

Ingall's Rec Center



The Community Activities Information Registration (CAIR) Fair is a great way to learn about over 70 different organizations here on base.



## Job Fair

August 28

10:00 AM– 1:00 PM

Come to the Ingalls Recreation Center to learn more about employment opportunities with local companies. Call ACS (380-4784).



## WACH FRG Open House/Pot Luck September 16 6:30 PM

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Join us for an evening of food and fun at the Forum. Learn more about your FRG and ways you might want to get involved.



## Amusement Parks Salute the Military

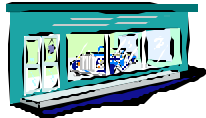
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Sea World, Universal Studios and Disneyland are offering special deals for the military and their families. Call Tickets-N-Tours (386-4767) for more information

## ACS Barstow Outreach Center

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For our members who live in Barstow (and beyond) the Army Community Service (ACS) Outreach Center at 512 Barstow Road (256-1735) provides services such as New Parent Groups, Employment Programs, Post information, etc..

## Red Cross Orientation

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The Red Cross holds volunteer Orientation the first and third Wednesday of each month. Call (380-6140).



## Family Assistance Hotline

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The 1-800-833-6622 Hotline for families of deployed soldiers is designed to provide referrals and information from 8:00AM to 8:00 PM EST.

## Army Community Service

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In addition to maintaining the Lending Closet, ACR offers training in Relocation Readiness, New Parent Support, Infant Care, Employment Readiness, Stress and Anger Management and Relationship Enhancement. Call 380-4784.

## MWR Website

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Visit the MWR website ([WWW.FtIrwinMWR.com](http://WWW.FtIrwinMWR.com)) to learn more about upcoming MWR events, local attractions, helpful links and private business advertising.



## FRG Meeting Schedule

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The FRG meetings are held monthly and are open to anyone interested in making our FRG a great success. The next meeting will be held on August 19 at 6:30 PM at the Forum. Please join us!

## FRG Board Members

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President.....	Anne Ramsey
Secretary.....	Tibbie Smith
Treasurer.....	Debi Hill
Advisor.....	Elaine Williams
Newsletter Editor.....	Lee Ann Nelson



## WACH Newsletter

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If you have any suggestions or would like to receive the newsletter by e-mail, please contact Lee Ann Nelson (386-2553).